



16 candidates vying for votes • from page 1

Ian Thompson said the main reason he decided to run was to change the personnel policy to open employment to more tribal members. He pledged to bring specific plans, rather than vague promises, to the office if elected.

Herrera said communication and transparency must be improved, including increased scrutiny of Growth Fund activities. He proposed tracking of official votes by council members and a time clock to make leaders more accountable to the membership.

Andrew Frost promised to be the council member who would serve the many, not the few, and to do whatever it takes to get the job done. He said he viewed a Tribal Council seat as service to the membership rather than a job.

Shelly Thompson said downsizing is needed within the tribal government, and that tribal members should receive more consideration for open jobs. During a year and a half of applying for every open job, she was called for two interviews, she said. She also noted the disparity of services available between tribal members living on the reservation and those who don't.

Peabody said she would live the tribal Constitution to the letter in its requirement that council members attend all duly called meetings. She cited her experience as a past council member and vice

chairman and said serving tribal members on the council is "the only work that I know how to do."

Scott-Rarick's opening statement was simple: "My platform is that I come to work and I read my documents." She questioned decisions of the tribal council, such as converting the planned youth treatment center into a detention center and later into offices, asking how such decisions benefit tribal members.

Mirabal said the council needs someone who understands business principles and the role of the financial plan. He said if elected, he would re-examine many of the tribe's policies on hiring, compensation, and other topics.

GoodTracks said the opportunity to vote is the chance to change the future of the tribe, and invited tribal members to voice their desire for change at the polls. She said the purpose of the tribal government should be to protect sovereignty and provide for the membership.

Torres said he supports an open-door policy and would show up to meetings to listen to tribal members' concerns. The tribal government needs to increase transparency and eliminate waste, he said. He also called for more youth participation in government and voting.

Borst said if re-elected, she will continue to be a protector, leader

and decision maker for tribal members. She said the council should offer more listening sessions to tribal members. She also proposed new job training and development programs for tribal members.

The other incumbent in the race, Alex Cloud, said there are several existing processes that are unfair to tribal members, including hiring and the Tribal Court, into which he would look. He said the council should do a better job of telling tribal members right away when important issues come up.

Tribal member Shane Seibel asked each candidate what they would invest in if each given one shot to do something.

The answers fell all over the board: Ian Thompson said Ute language and culture; Andrew Frost said land; Peabody said the buffalo herd; Mirabal said he would research financial advisors and hire the best company; Herrera said he would perform an overall review and purchase technological improvements; GoodTracks said the fundamentals the tribe would need if its money disappeared; Borst said seeds for a community garden; Shelly Thompson and Scott-Rarick said the money should be invested in tribal youth; and Torres and Alex Cloud both said they'd disperse the money to tribal members to make their own investments.

The Kidney Corner:

Some medicines can cause kidney damage

By Dr. Mark Saddler

Durango Nephrology Associates

In the last edition of the Kidney Corner, we discussed non-steroidal anti-inflammatory drugs, or NSAIDs, which are pain medications that can harm the kidneys in some circumstances.

There are many other types of medicines that have the potential to cause problems with the kidneys and we will discuss some of them in this issue.

One potential problem is phosphate-containing bowel preps. These are typically used to cleanse the bowel before bowel procedures including colonoscopy. These medicines are usually given orally as a bottle of liquid to be taken before the procedure, though there are tablet forms of phosphate laxatives and enema preparations as well.

We used to think these were safe medicines that didn't cause problems. However, in the last few years it has become apparent that some patients who take phosphate-containing bowel preps may develop acute kidney failure after taking the phosphate bowel prep, and this kidney failure can be permanent. Patients particularly at risk include those with hypertension and with previous chronic kidney disease.

The problem results from deposits of the phosphate in the kidney tissue. Fortunately, there are alternative bowel preps which work well (for example, "Golytely" and "Moviprep") that



are safe from the kidney point of view.

Check with your doctor if you have any questions about the safety of a bowel prep. And don't be put off doing a colonoscopy if your provider recommends it: This is still a potentially life-saving procedure to screen for colon cancer.

Intravenous contrast agents are another group of medicines that frequently cause acute kidney injury. They are used for some sorts of X-ray and CT scan studies to improve the quality of the imaging. They are very useful and can improve diagnostic accuracy.

In occasional cases, however, they can result in a decrease in kidney function. This only tends to happen in patients who have underlying kidney disease or diabetes and protective measures can be taken to help prevent kidney problems: intravenous fluids and a bad-tasting oral medicine called n-acetyl cysteine or Mucomyst.

As kidney doctors, we are always happy to be called to help provide protection to prevent kidney damage from this source. Fortunately, kidney function usually subsequently improves following injury from IV contrast.

Many other types of medicines can cause kidney problems. Remember, though, that this does not mean that they are "bad" medicines. In all medical decisions, we are faced with deciding the risks versus the benefits of treatment. It's difficult to predict which patient will respond well to a given medicine, and who will have an adverse reaction.

Even some medicines which are given specifically to help the kidney function can occasionally actually worsen the kidney function in some susceptible people. One possible medication-related problem is a kind of allergy called "acute interstitial nephritis" (AIN), which can cause kidney failure.

This can happen with almost any medicine, though some cause AIN more frequently than others. Antibiotics are frequent offenders, and some over-the-counter antacid medications can occasionally cause this problem. The diagnosis can be difficult and may require a kidney biopsy.

Fortunately, this problem is often reversible, but needs to be recognized as early as possible to provide the best chance for good kidney recovery.

Tribal Code changes in works to reflect Tribal Law and Order Act

By Tim Heydinger

Southern Ute Tribal Court

A committee of judges, lawyers, law-enforcement personnel and others has been working for some time on revisions to three titles of the Southern Ute Tribal Code: the Criminal Code (Title 5), the Criminal Procedure Code (Title 4), and the Traffic Code (Title 14).

The proposed revisions are nearly in final form. Once complete, the proposed revisions will be presented to the Southern Ute Indian Tribal Council for review and approval.

Significant portions of the proposed revisions are a response to the recently enacted Tribal Law and Order Act. The act, a federal law signed by President Obama earlier this year, gives tribes the power to impose jail time of up to three years for a single criminal offense. Prior to its enactment, the maximum penalty a Tribal Court could impose for a single criminal offense was one year in jail.

Some have voiced concern with the possibility of the Southern Ute Tribal Court sentencing someone to three years in jail. Sentencing

someone to jail for three years is not the correct way to deal with criminal offenders, it is argued. Instead, the focus should be on "restorative justice" — reconnecting the criminal offender to his Native American culture and tradition, and thus reintegrating the offender into his community.

There is a seeming tension between the increased jail sentences permissible under the act, and the concept of restorative justice. The act, however, doesn't necessarily impair a tribe's ability to reconnect an offender with his culture and tradition. Instead, it can increase the chances for an offender to reconnect with his roots.

The restrictive sentencing limitations that applied prior to the act, and that apply under the current version of the Tribal Code, apply to all criminal offense — even serious offenses such as murder or rape. The result of these restricted sentencing limitations was that Native Americans accused of committing serious offenses on Southern Ute Indian Reservation were tried not in Tribal Court, but in federal court.

If convicted, the person faced

the possibility of serving their sentence in federal prison, totally removed from their family and homeland. The notions of reconnecting the Native American offender with their culture and tradition were totally removed from the process.

With the passage of the act, and with the anticipated revisions to the Tribal Code, the net effect should be that more Native Americans are tried in Tribal Court, and not in some federal court. Isn't this the way it should be?

If the person is ultimately convicted, then it will be the Tribal Court, and not some federal court, which will impose the sentence. Restorative justice — reconnecting the offender with their roots, their culture and tradition — will play a role in the sentence. The person will remain in their community.

If jail time is imposed, the person will serve their time in the Southern Ute Detention Center, and not some federal facility far removed from the reservation. The Southern Ute jail offers an incredible range of rehabilitative-type programs and activities, including traditional activities that would never be found in a federal facility.

The Tribal Law and Order Act offers to tribes the chance to exercise more power, and that's a good thing. However, the increased sentencing provisions allowable must be properly applied. Tribes must not put people in jail for longer periods of time just because they can; that would be a mistake and would be contradictory to traditional notions of restorative justice.

Instead, the act should be used as a tool to ensure that more Native Americans are tried in Tribal Court, where their case is heard by Tribal members, and their sentence is handed down by a Tribal Court judge, rather than having their matter tried in a foreign federal system.

StarWheels

Horoscopes by "The Starlady"

♏ **SCORPIO (Oct. 24-Nov. 22)**
BIRTHDAY COMPLIMENTS SCORPIO! This month you rock! Set your sights high. With MARS poised to enter a friendlier sign on the 10th, career goals may take a turn for the better. Put yourself into an optimistic frame of mind. It won't hurt a bit to promote yourself and your abilities. Both MERCURY and VENUS inspire greater financial possibilities now. Job applications and other ventures are best put into motion before the 23rd when MERCURY goes into its backward retrograde dance.

♐ **SAGITTARIUS (Nov. 23-Dec. 21)**
How lucky can you get! Both VENUS and MERCURY in your sign on the 2nd start the month on an upbeat note. No doubt you'll be sporting a more optimistic outlook. Your independent, adventurous, nature is furthered on the 22nd when the mighty SUN comes rolling into the sign of Sagittarius and sets fire to your craving for sparkling new adventures. Bored you won't be this month. A SOLAR ECLIPSE later on the 24th signals a new beginning where relationships are concerned. HAPPY TURKEY DAY SAGGIES!

♑ **CAPRICORN (Dec. 22-Jan. 20)**
It's not everyday that your fondest hopes and wishes become the main focal point of your chart. Strengthen your efforts and push your personal interests to the front burner. The intense SCORPIO SUN practically insures your accomplishments. There's just one requirement...YOU have to initiate the action. Not that you have any problem doing that. The month is ripe with favorable prospects CAPRICORN. Get into motivation mode, you know what to do.

♒ **AQUARIUS (Jan. 21-Feb. 19)**
A deceptive planetary opposition on the 7th may have you re-thinking relationships in a rather confusing manner. It's not a good day to jump to conclusions regarding your close connections. Current planetary positions indicate a positive turn of events regarding work and future aspirations. Aquarians like to know where they are going and how long it will take. With that in mind you might consider the fact that procrastination could slow down your progress or even bring it to a screeching halt.

♓ **PISCES (Feb. 20-March 20)**
The planets promote inspiring possibilities for the Fishes this month. Do what you can to take full advantage of expansive thoughts that may be forthcoming. MERCURY the idea planet links up with VENUS the money planet on the 1st and could promote an improvement in your funds. Their cozy connection only lasts until the 17th. Be flexible and keep an open mind. Your ruling planet NEPTUNE comes out of its dreamy slumber on the 9th and moves forward again. No more fuzzy thinking PISCES. It's time to act.

♈ **ARIES (March 21-April 20)**
Personal resources and shared money matters might need some of your attention RAMS. Not to worry, MERCURY and VENUS deliver fresh ideas regarding long range financial plans. MARS your power planet loses some of its fight on the 7th when NEPTUNE drains away your energy. Slow down RAMS, take a break and relax a little. On the 10th when motivating MARS moves into the sign of VIRGO, you may not have a lot of leisure time on your hands. Work might pick up considerably. Many positive changes are currently affecting your outlook. Fresh, unique ideas may pop into your mind and you might just be in the right frame of mind to try something new.

♉ **TAURUS (April 21-May 21)**
A Full Moon in your sign on the 10th may trigger opposing points of view between you , your partner or others in your close circle. Instead of arguing, turn to more productive practices. MARS the action planet charges into the no-nonsense sign of VIRGO on the 10th and stimulates an abundance of creative projects to capture your interest. Remember, beneficial JUPITER is still in TAURUS and imparts a promising outcome to your NOVEMBER intentions. Meanwhile, enjoy your Thanksgiving feast! Knowing you, it will be a sumptuous spread.

♊ **GEMINI (May 21-June 21)**
MERCURY your favorite planet starts the month started on a note of confusion. Not to worry Twins, the stand-off with foggy NEPTUNE will only last one day. Be extra vigilant on the 1st regarding major decisions. If possible delay them until the 2nd when your mental vision is seeing more clearly. Later, on the 10th MARS moves into the domestic area of your chart and household "Honey Do's" become a top priority. Make an effort to complete what you can before the 23rd.

♋ **CANCER (June 22-July 22)**
Brilliant sunshine illuminates the recreation section of your chart this November. More than likely there might be big doings at your house on Turkey Day. Your natural expertise with food and cooking could result in a table full of delicious Thanksgiving dishes to share with the family. The planets indicate Funshine in addition to the Sunshine . On the 10th MARS slips into compatible VIRGO and amplifies your daily activities. Allow yourself extra time to get where you're going, no speeding MOON KIDS.

♌ **LEO (July 23-Aug. 22)**
Good news LIONS! ...Impatient, restless, MARS leaves your sign on the 10th and takes up residence in the money zone of your chart. But wait, there's more. On the 7th crazy MARS releases one last parting zinger when it takes a stand opposite NEPTUNE, the idealistic mystifying planet. Finish your work LEO'S, there will still be plenty of chances for fun. Breezy MERCURY and lighthearted VENUS set up camp in the entertainment part of your chart encouraging favorable conditions regarding love, romance, and good times.

♍ **VIRGO (Aug. 23-Sep. 23)**
The planetary focus centers around your daily activities and conversations. Now is the time to get your point across regarding important personal or business matters. Schedule meetings, or other events before the 23rd. That is when your personal planet MERCURY begins its backward motion. Concentrate on your ambitions. Successful people do it all the time. Yours is one of the few signs that can stay fixed on the target. Accomplishment is your middle name VIRGO. Patience is helpful when dealing with family.

♎ **LIBRA (Sep. 24-Oct. 23)**
Two important sections of your chart come to life this month. Both your personal, and financial matters may need your close attention. SATURN'S ever present influence continues to maintain a watchful eye over your every action. Like a faithful, supportive partner, SATURN acts as a guide helping you to further your goals. The icing on the cake may be a slight improvement in money matters. Savings and investments are always an asset. Pursue more productive methods when managing your funds. It's never too late to learn new techniques.

Carole Maye is a Certified Astrology Professional with over 30 years of astrological study and practice. Private horoscope consultations can be arranged by appointment, via email: starwheels2@comcast.net

A Screening of the Film: Shout. The story of Domestic Violence

See it. Stop it. On Native Lands
Tribal and Native Landmarks
Private, Youth and Parent (U.S.A.)
Ending Violence is 2010's top priority

SAM NUTTMANN

Calling Spring 2011

shout.

SunUte
Right in Your Backyard

Other collaborating agencies:
Our Sisters Keepers, Alternative Horizons, Southern Ute Social Services, SUPO Victim Services, and Southern Ute Department of Tribal Education.

BOYS & GIRLS CLUB

Multi-Purpose Building 285 Ute Road (near the softball field)
Friday, November 4, 2011, 7pm-9pm

An in-depth look at the effects domestic violence has on the many people it touches in everyday life. Follows the story of Sam, who lost his sister as a result of domestic violence, as he discovers the realities of domestic violence through personal interviews with